

## Folsom HOG Pre-Ride Meeting

- Thank all for their attendance
- Take a Head Count and Bike Count
- Make sure all non-members have signed the release form
- Introduce the Road Captains and anyone designated as a sweep for the ride.
- Explain where the ride is going and the ride conditions (terrain, speeds, stops, breaks, etc)
- Does anyone in the group need accommodations to stay with the ride?
- Ask if there are any new riders in the group. If so
  - Sprinkle them in the riding order
  - Pair them up with an experienced rider beside them
  - Stress that they needn't ride any faster than comfortable
  - Ask if they'd be interested in any feedback on their ride today
    - If so, alert the experienced rider of the pair to provide
- If there are trikes present, please state they get the full lane themselves
- State the concept of "bread crumbs" if they are the last to clear a turn- Ride not only to the rider ahead of you but, to the rider behind you as well
- If the group consists only of seasoned, group-experienced riders, the RC can abbreviate the recital of ride rules, but should always remind the riders of:
  - Basic hand signals: turns, stopping, road obstructions, riding position
- Explain the regroup procedures and location ... The next stop or really safe spot to pull over and wait.
- Announce the proposed location and duration for breaks and remind everyone to keep to the time.
- Please, remind everyone that they're responsible for themselves **if they drink or consume illegal drugs during the ride we'll demand that they ride back on their own.**
- If riders don't want to adhere to the group ride, at the next stop they can take off on their own after informing someone from the ride staff they are doing so.
- Make sure the Road Captains and Sweeps have each other's cell phone numbers.
- Ensure that the Sweeps know the route in case of separation.
- If it is a long ride, have the phone numbers of dealers along the way handy

## Folsom HOG Road Captains (6/2017 )

| <b>Name</b>         | <b>Home #</b>         | <b>Cell #</b>         |
|---------------------|-----------------------|-----------------------|
| Stan Ikeda          | (916) 996-2820        | (916) 996-2820        |
| Adrian Bal          | (916) 705-0497        | (916) 705-0497        |
| Mike Barbour        | (916) 863-0757        | (916) 956-5378        |
| Mark Chase          | (916) 296-8165        | (916) 296-8165        |
| John Gipson         | (916) 708-8234        | (916) 708-8234        |
| Rodney Johnson      | (916) 710-1104        | (916) 710-1104        |
| Carlos Navarrete    | (916) 204-6038        | (916) 204-6038        |
| Debbie Denise       | (530) 477-7836        | (530) 477-7836        |
| Jim Mizell          | (916) 717-6692        | (916) 717-6692        |
| Cori White          | (530) 306-9775        | (530) 306-9775        |
| Sam (Jane)Ferguson  | (530) 409-7489 (7487) | (530) 409-7489 (7487) |
| Dan Simms           | (406) 871-4179        | (406) 871-4179        |
| Chuck Paridon       | (530) 677-1050        | (916) 718-4688        |
| J R Miles           | (916) 931-1464        | (916) 220-5041        |
| Randy Young         | (916) 715-7673        | (916) 715-7673        |
| Eddi Gilstrap       | (530) 676-0772        | (530) 409-1159        |
| Stan Watson         | (916) 842-0030        | (916) 842-0030        |
| Gary Bohannon       | (530) 315-7054        | (530) 315-7054        |
| Bill Pletcher       | (916) 362-1630        | (916) 202-6930        |
| Jerry Whitmer       | (916) 204-9999        | (916) 204-9999        |
| Marchell Lamb       | (916) 612-8744        | (916) 612-8744        |
| Mike Campbell       | (916) 248-2990        | (916) 248-2990        |
| Jeff Hankins        | (916) 207-7653        | (916) 207-7653        |
| Tracey Ann Cavender | (916) 804-8048        | (916) 804-8048        |